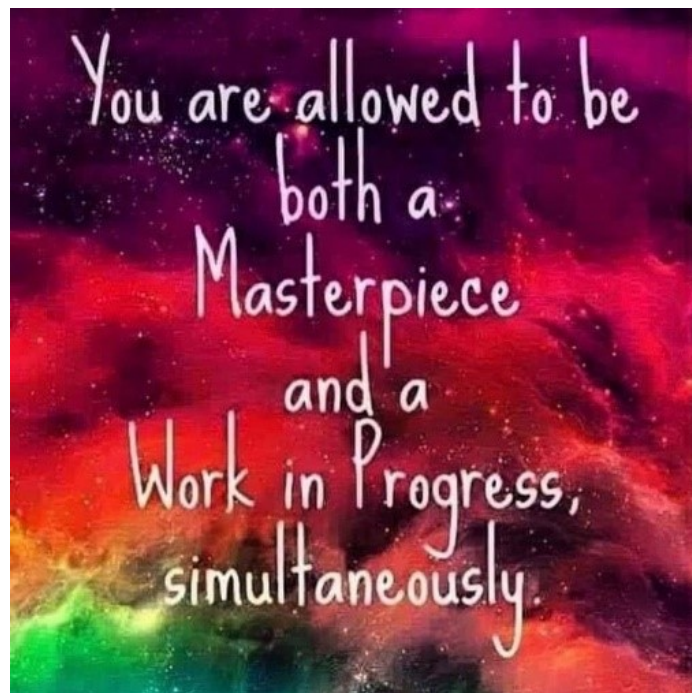




## Newsletter

May 2021



A year ago, we shared information about thriving/surviving in this pandemic and we find ourselves here again. Our world is still struggling and COVID is still an issue. Many of us are battling isolation, loneliness, anxiety and depression instead of celebrating what we have to be thankful for. Our lives may have changed, but there are also hidden blessings in these changes. You will find some consistent themes in the newsletter this month, use what you need to be a stronger healthier person.

In this newsletter, you will find some helpful articles and information;

1. **Book Party to build Jared's Journal Kits to gift to teens and families**
2. **It's Time to Hit the Reset Button**
3. **Strategies to Combat Anxiety & Fear**
4. **What's New With Teens Finding Hope?**



## Book Assembly Party

June 4th - Portland, OR

It's a book assembly party for Jared's Journal Kits. We are putting 400 kits together to donate to hospitals, counselors, parents and teens. If you are in the Portland, Oregon area on Friday, June 4th [email \*\*teensfindinghope@yahoo.com\*\*](mailto:teensfindinghope@yahoo.com) to get details. We will have treats, supplies and fun for all.

## It's Time to Hit the Reset Button

By Kristi Barth

We are all tired of this! We are exhausted, stressed and want to know the end date. We are often bogged down with too much work, finding ourselves not where we want to be and are pulled in many directions. It helps to keep a routine, schedule social time with friends and family, validate our emotions, and maintain boundaries.

We often need to reset our computer programs, update our apps, turn everything off and reboot. We need to take the time to reset ourselves as well. It's easy to notice the things we have not done or kept up with. We can easily become our own worst critics. It is important to refresh the page and be kind to ourselves. Using positivity and believing you can do it helps you accomplish it. Take time to check in with yourself and see how you feel physically and mentally.

Literally create an on/off switch using a sticker or drawing on a piece of paper. When you get stuck, actually move the 'switch' as a physical reminder to reset the mind. Sometimes this means changing our inputs. Avoid watching too much news and using social media as an escape. Try being hopeful and realistic. What are your inputs? Are they the right ones for you?

Here are some thoughts to help you reset and some affirmations to help you move forward. Discover what works for you. If this helps, post it so you see it.

### HOW TO RESET YOUR MIND

#### **Allow yourself time alone:**

The best way to get to know yourself is to spend time alone. Learn to enjoy your own company.

**Empty your mind on paper:** Journal everything you're feeling. Let it all out.

#### **Visualize:**

See yourself as the person who want to be, and doing what you want to do.

**Look for at least one positive thing each day:**

Keep a gratitude jar, and fill it each day with one thing you are grateful for.

#### **Get to work:**

Plan how you will change your thinking when you start to slip into negative mode.

#### **Choose:**

Remember we always have a choice on how we think and react.

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### 12 POSITIVE AFFIRMATIONS FOR POSITIVE MINDSET

1. I choose love, hope and faith in my life.
2. I look for the positive in every situation.
3. My life is amazing.
4. I am grateful.
5. I am not what happened to me.
6. I grow through all difficulties.
7. I bring light wherever I am.
8. I don't stress over things I can't control.
9. Each day brings me closer to achieving my goals.
10. I am patient.
11. I am happy to be alive.
12. I create my own happiness.

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After resetting, set some goals to help you sense your progress. Be intentional and work to make this a positive year for you.

## Happiness Chemicals and how to hack them



### DOPAMINE

THE REWARD CHEMICAL

- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins



### OXYTOCIN

THE LOVE HORMONE

- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment



### SEROTONIN

THE MOOD STABILIZER

- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling



### ENDORPHIN

THE PAIN KILLER

- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising



All of us are working hard to protect ourselves and our families from COVID. Handwashing, mask wearing and social distancing are a part of our routine. Vaccines are becoming available yet there is still a certain amount of apprehension around safety. To keep you on track here are some strategies you might find helpful.

**Move forward with a plan.** Our minds tend to see worst-case scenarios which cause us more angst. Set yourself up for success by maintaining some type of schedule for waking, eating, exercising, and bedtime. Set one goal to help you feel an accomplishment each day. Do one thing today which you have wanted to check off your list. Celebrate that.

**Take a break from hearing, seeing or watching anything about the pandemic.** Let your mind recover from the barrage of negative or upsetting news. Be kind to yourself. There is much we can't control, but we can control our actions.

**Take care of your body, mind and spirit.** Try deep breathing, stretching, exercising, sleeping eight hours a night. Unwind and relax, eat well-balanced meals and bring your attention to what you are grateful for. Consider writing down your joy so you have it in front of you. It's normal to feel anxious during trying times. Give yourself some grace and have confidence that we will get through this together.

**Seek out help.** No one needs to go through this alone. If your strategies or ideas aren't working, reach out for support from a friend, family member, a pastor, or a mental health professional. The pandemic has had a major effect on our lives. We are facing challenges that are stressful, overwhelming, and cause strong emotions. We may be using unhealthy coping mechanisms.

**Connect with others.** You may not feel safe actually getting together with others, but even connecting on the computer or the phone can help. For some who like a schedule, make it a weekly or daily occurrence. Consider a driveway gathering, a drive by celebration or a backyard gathering. Do what is comfortable for you to keep yourself and others safe yet social.

**Laugh and find Humor.** Find a joke each day, watch a humorous show on TV, teach your pet a new trick or try something new that you

enjoy. Give yourself grace and humor along the way.

**You don't have to  
have it all figured out  
to move forward...  
Just take the next step.**



*Dear Stress,  
Let's break up.  
♥ Me*

### **What's New With Teens Finding Hope?**

Teens Finding Hope was honored to present to 30 teens in the Portland area this past month. The conversations were around the differences between sadness and depression and the myths around depression. We shared how COVID has changed our school and our lives. The impact labels have on us. Our talk focused on arming ourselves with a tool belt filled with strategies and tools to help us

navigate whatever comes our way.

Contact us at [teensfindinghope@yahoo.com](mailto:teensfindinghope@yahoo.com) if you would like us to come speak with your group.



[Donate to Teens Finding Hope](#)  
[by visiting our donor page.](#)

**Thank you!**

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Visit our website for more helpful information:

[teensfindinghope.org](http://teensfindinghope.org)

you will find:

[tools](#), [resources](#), [music](#), [blogs](#), [videos](#),  
and [worksheets](#)



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